



Healthy Beverage, Food, Movement, and Mental Health Guidelines

For Employees

Healthy Beverage Position Statement

The City of Belmont strives to promote health and wellness by being a role model to promote healthy beverages. At all Belmont-sponsored and/or coordinated meetings and events, for employees where beverages will be provided, the selection must be in accordance with the Belmont Healthy Beverage Guidelines¹.

Therefore The City of Belmont will:

Provide access to free, safe drinking water

Require that there is access to free, safe drinking water wherever beverages are offered and/or sold. As a way to reduce the use of plastic bottles, it is recommended that safe tap water, rather than individual bottles of water, be offered. If safe tap water is not available, then it is recommended that large jugs of water are utilized.

Comply with Beverage Standards

All beverages **purchased by city funds** and served (e.g., at meetings) and sold (e.g., vending machines) in Belmont facilities will only include:

- Water with no added sweeteners;
- Unflavored non-fat or 1% cow's milk with no added sweeteners;
- Unflavored non-dairy milk alternatives with no added sweeteners;
 - No more than 2.5 grams of fat per 8 fluid ounces
- Fruit or vegetable-based juice drinks that have a maximum of 160 calories and 230 mg of sodium per container and no added sweeteners;
- 100% fruit or vegetable juices with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners;
- Coffee and tea with no added sweeteners;
- Diet beverages with non-caloric sweeteners.

¹ Adopted from The Public Health Institute's 100% Beverage Standards for Adult Settings



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Healthy Food Position Statement

The City of Belmont strives to promote health and wellness by being a role model to promote healthy foods. At all Belmont-sponsored and/or coordinated meetings and events where food will be provided, the selection must be in accordance with the Belmont Healthy Food Guidelines below.

As an organization that employs staff and has volunteers, we are committed to promoting health and wellness by providing healthy food choices. Therefore The City of Belmont will strive to:

- Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to Belmont employees.
- Move towards providing fresh fruits in break rooms to keep staff focused and full of energy.
- Increase the range and availability of healthy food options on our premises, including break areas, at meetings, and events. Food selection should emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products. The following healthy food guidelines are based on recommendations from the United States Department of Agriculture (USDA).²
 - Aim to make half the plate fruits and vegetables. Provide red, orange, and dark green vegetables whenever possible.
 - Encourage lean meats, poultry and fish.
 - For starches such as rice, pasta, and bread products, the recommended portion size is about ¼ of the plate.
 - Aim to select food with no trans fats and low in saturated fats, sodium, and added sugar.
 - Encourage high calorie foods/desserts only as an occasional small treat. The items are offered as a side dish along with healthier food choices.
 - Encourage cooking with healthier ingredients and providing snacks through the following ideas: employee newsletter, recipe board in break room, healthy foods at meetings.

² ChooseMyPlate.gov



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Healthy Movement Position Statement

The City of Belmont strives to promote health and wellness by being a champion for exercise and movement.

As an organization that employs staff and has volunteers, we are committed to promoting health and wellness by providing physical activity opportunities. Therefore The City of Belmont will:

- Provide safe, clean, well-lit thoroughfares for accessing our location and events by walking and bicycling;
- Create opportunities for movement for staff such as “walking meetings,” stretch breaks, or recreational exercise classes throughout the workday;
- Find and capitalize on opportunities to promote exercise/movement to staff;
- Provide a 5-minute physical activity break for every meeting lasting 90 minutes or longer;
- Help employees build physical activity into their day by getting to/from work via public transit, walking, and/or biking. Examples include, but are not limited to:
 - Work towards providing bike racks at all city buildings;
 - Offer “Bike/Walk-to-Work” days throughout the year;
 - Offer an award system for actively taking advantage of alternative ways to get to work;
 - Explore incentives and programs to increase public transportation ridership among City employees.



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Mental Health Position Statement

The City of Belmont strives to promote health and wellness by recognizing the importance of mental health and being a champion for wellbeing.

The City will support the following:

- Reduce workload stress by cooperating and supporting one another's role as a team.
- Create opportunities that allow employees to meditate, relax and have a clear mind.
- Encourage discussion around mental wellness through events, speakers, and open dialogue.
- Encourage staff to leave their workstations during lunches and breaks.